3: Read E-5 (1935-1939)1960
FR5 Ngoni FR5

863 of dust, and many of them began to suffer from sores, itch and sore eyes. The girls however, had already begun to like a clean and shining skin for the sake of being beautiful, and their ablutions were no longer under duress.

The smallest children urinated and defecated wherever they happened to be. From the age of three or four, however, they were taught to tell someone if they wanted to defecate, and taken outside the hut. Maize cobs or soft leaves or grass were used to clean the child, and then thrown on the fire. When the child began to look after himself, he was [826] shown how to use the left hand only when cleaning himself, and told it was 'the hand of shame, only used for bad things'. From the age of four or five small girls and boys went with [514] their mothers and the other women to the section of the surrounding bush reserved for the women's toilet. At about the same age boys and girls were taught to withdraw from the public gaze when urinating, and to conceal themselves behind a hut or in some other hiding-place. The Ngoni were [514] extremely prudish about all physical acts connected with [834] evacuating or sex, and began to demand correct behaviour from children at an early age.

757 If a child was constipated, or had diarrhoea, or was vomi-603 ting, or had a fever or stomach-ache, the nurse girl reported it to his mother who went to tell the child's paternal grandmother. For all the range of usual childish ailments the grandmother prescribed and carried out standard treatments, such as whey used as a purgative, or very thin gruel to check diarrhoea. The Ngoni women had a number of herbal remedies which they used for themselves and their children. They also used hot poultices, cupping, and forms of massage. Only when the known household remedies failed, did the grandmother tell the child's father and he, as we have seen, took the responsibility for calling in 'specialists'.

867 Sleep, the little child's third major need, was sometimes well ordered and sometimes erratic. It was not considered 864 proper for children to sleep in the same hut as their parents